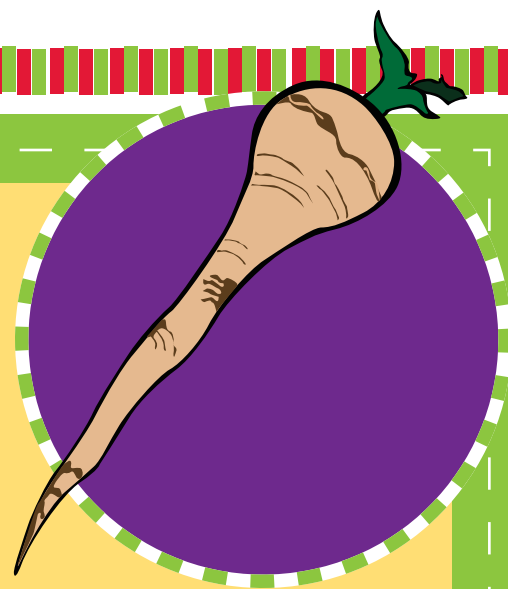


# In Season:



# Parsnip!



## NUTRIENTS IN PARSNIP:

Vitamins: C and folate; fiber.

## SELECTION:

Choose parsnips that are firm and dry without pits. Smaller ones may be more tasty and tender.

## STORAGE:

Refrigerate parsnips unwashed in an unsealed bag for 3 weeks or more.

## QUICK FIX TIPS:

- Simply boil peeled parsnips, slice, and season with salt and pepper. Top with oil and vinegar and enjoy!
- Add parsnips and potatoes to your homemade soups for extra nutrition.
- Peel parsnips, slice lengthwise, place in a glass dish, and cook in microwave on HIGH until tender.

## Parsnip and Turnip Mash

**Prep Time:** 15 Minutes

**Serves:** 4

**Cups of Fruits and Vegetables per Serving:** 2

### Ingredients:

- 3 large turnips
- 6 large parsnips
- 2 tbsp light, unsalted butter
- 2 tbsp chopped fresh thyme leaves
- Pinch of salt and ground pepper

### Preparation:

1. Peel and dice the turnips and parsnips.
2. Add veggies and salt to a large saucepan, and cover with cold water.
3. Boil over MEDIUM heat for about 10 minutes. Veggies should be quite soft.
4. Drain veggies and put them back into the saucepan.
5. Add butter and thyme.
6. Using a potato masher, mash all ingredients together.
7. Serve warm.

**Note:** Veggies are done when you can insert the tip of a knife into the cubes with ease.



### Nutritional Information per Serving:

Calories:240; Total Fat:4g; Dietary Fiber:11g; Sodium:410mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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